

Evolutionary Leader Program

Analyzing Productivity and Stress Levels

Define the Evaluation Period:

Set a four-week period to evaluate changes in productivity and stress levels as a result of the strategies implemented beginning in Chapter 5.

My Evaluation Period: _____

Establish Initial Metrics:

Review your initial insights from Chapters 5 through 8, such as your strategic time slot allocation, technology utilization, and rest and recharge strategies. Use these insights to create baseline metrics for task completion and stress levels.

Baseline Metrics:

Daily Task Evaluation:

Track daily task completion against the time allocated for each activity. Note any improvements in efficiency or areas where tasks exceed their time slots.

Task	Completed Within Time Allocated For?	Notes

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If you have more Tasks to list, feel free to pull out some sheets of paper to continue your list

Document stress indicators, such as moments of overwhelm or fatigue, and relate these to specific tasks or times of day.
